Agenda - Executive Policy Committee – April 5, 2006

REPORTS

Item No. 5 Transcona Trails - Land Dedication Reserve
File EP-2

COMMUNITY COMMITTEE RECOMMENDATION:

On March 21, 2006, the East Kildonan-Transcona Community Committee recommended to the Executive Policy Committee:

1. That funding to assist with the cost of the fitness trail project at Buhler Recreation Park, in the amount of $12,000.00, be allocated from the East Kildonan-Transcona Land Dedication Reserve to the Transcona Trails Association.

2. That the Proper Officers of the City be authorized to do all things necessary to implement the intent of the foregoing.

DECISION MAKING HISTORY:

COMMUNITY COMMITTEE RECOMMENDATION:

On March 21, 2006, the East Kildonan-Transcona Community Committee recommended:

1. That funding to assist with the cost of the fitness trail project at Buhler Recreation Park, in the amount of $12,000.00, be allocated from the East Kildonan-Transcona Land Dedication Reserve to the Transcona Trails Association.

2. That the Proper Officers of the City be authorized to do all things necessary to implement the intent of the foregoing.

and submitted the matter to the Executive Policy Committee.

COMMUNITY COMMITTEE DECISION:

On March 21, 2006, the East Kildonan-Transcona Community Committee received as information the application for a Community Incentive Grant in the amount of 12,000.00 from the Transcona Trails Association.

COMMUNITY INCENTIVE GRANT PROGRAM
APPLICATION EVALUATION

Applicant: Transcona Trails

Project Description: **Fitness Trail**

Date of Application: February 25, 2006

Total Project Cost: **$27,949.53**

Grant Requested: **$12,000.00**

Maximum Allowed: $13,974.77

% of Total Project Cost: **43%**

Funding Sources:	**Amount**	**Confirmed**
Community Places Program	$12,000.00	Yes
Private Donations	$1,000.00	Yes
Material/Labour Donations	$1,000.00	No
Total	$14,000.00	

	Meets Program Eligibility and Selection Criteria	**Yes**	**No**
1a)	Organization is a **non-profit community organization offering sport or recreation services** or is a non-profit community organization that **contributes to the health and well-being of the community**;	X	
b)	through the development of a **sport or recreation capital project**;	X	
c)	that is **accessible to the community**.	X	
2	Makes a significant contribution to the **long-term benefit** of the community at large in terms of **improved facilities.**	X	
3	Does not compete with or duplicate other community facilities.	X	
4	**Benefits the community at large** and remains **accessible to all members of the community**.	X	
5	Includes confirmation of sufficient resources to maintain and operate completed projects.	X	
6	Clearly articulates a plan of activities including projected work schedules, material, labour, equipment and other project requirements. Project leads to the completion of a substantial physical product.	X	
7	Is feasible within the project management capabilities of the applicant.	X	
8	Total project funding is confirmed.		X
9	**Does not include any funds from the City**.	X	

Criteria Exceptions:

Department Financial Implications:

Departmental Recommendations:
That this application be approved subject to the following conditions:
1. Confirmation of other funding sources
2. Approval of final plans and specifications for the project by the City of Winnipeg
3. The applicant entering into a formal agreement with the City of Winnipeg

Prepared by: Community Services Department
Date: **February 27, 2006**

THE CITY OF WINNIPEG
COMMUNITY INCENTIVE GRANT PROGRAM
APPLICATION

Please refer to the "Guide to Applicants" for assistance completing this form.

1. Name of Organization: Transcona Trails
2. Mailing Address: 408 Jacques Ave. Winnipeg
   Postal Code: R3W 1N5 Phone No.: 663-9423
   Fax No: _____ Email: ttrails@mts.net
3. Name of designated officials to be contacted about this application:
   Name: Val Cousineau Phone (Res.): 663-9423
   Position: President Phone (Bus.): 661-7354
   Name: Gail A. Kaut Phone (Res.): 223-7101
   Position: Treasurer Phone (Bus.): _____
4. How long has the organization been in operation? 3 years
5. **CIGP Requested Amount** $ 12,000 (Max. 50% of Total Project Cost)

LIST OTHER SOURCES OF FUNDING	**AMOUNT**	**CONFIRMED**
SOURCE # 1. Community Places Program	$ 12,000	YES ☑ NO ☐
SOURCE # 2. Private Donations	$ 1,000	YES ☑ NO ☐
SOURCE # 3. Material/labour Donations	$ 1,000	YES ☐ NO ☑
SOURCE # 4. _____	$ _____	YES ☐ NO ☐
Total Project Cost	$ 27,949.53	

Has this project received prior funding under the Community Incentive Grant Program? YES ☐ NO ☐

6. Name of Project: Fitness Trail
7. Location of Project: Buhler Recreation Park
   Preferred Start Date: May 2006 End Date: October 2007
8. **Detailed Project Description: Attach on separate sheets or use the reverse side of this application.**

APPLICANT SIGNATURES

I/We hereby certify that I/we am/are the authorized signing officer(s) of the applying organization and this application is accurate to the best of my/our knowledge.

V. Cousineau	president	Feb 1, 2006
SIGNATURE	TITLE/POSITION	DATE
Gail A Kaut	treasurer	Feb 1/06
SIGNATURE	TITLE/POSITION	DATE

What can you do for the trails?

Practice trail etiquette:

- ✓ **Cyclists** - slow down when passing walkers
- ✓ **Dog walkers** - control your pet and carry plastic bags for "scooping".
- ✓ Join the occasional work party for garbage collection and trail maintenance
- ✓ Help keep the trail litter free, for everyone's enjoyment

Support the Transcona Trails Association:

Become a member – yearly membership $15 per family or $10 per person.

Donate for trail improvement.

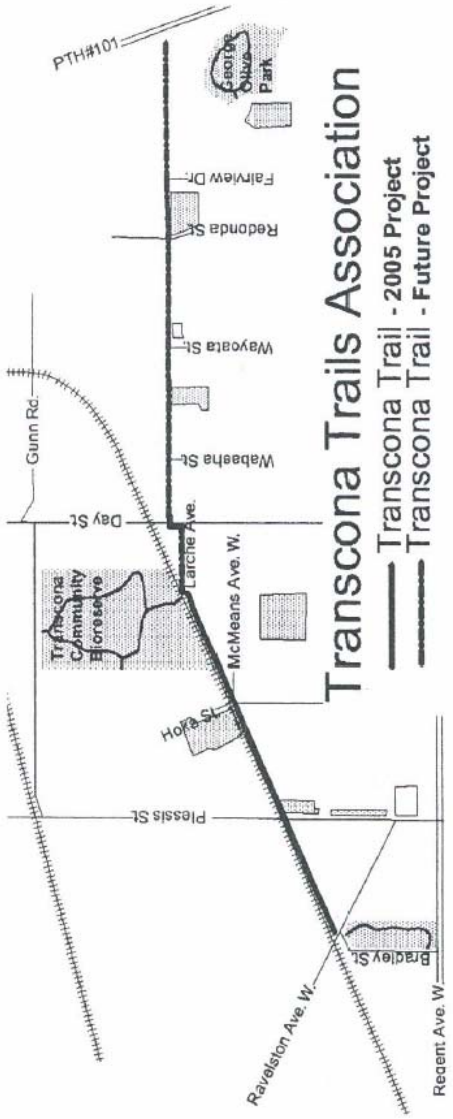
For more information contact:
Peter at 224-2448

email us at ttrails@mts.net

or check our website:
www.mts.net/~ttrails

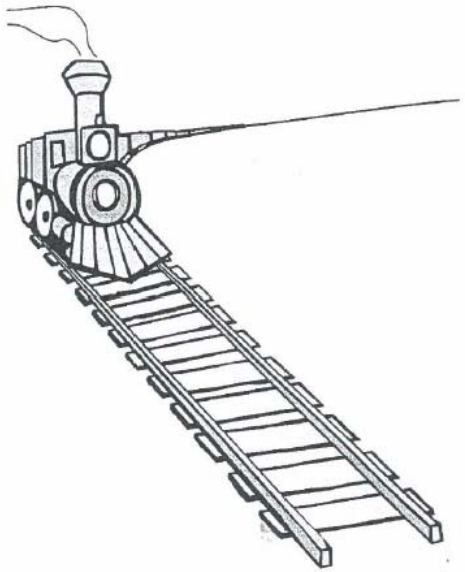
Tell your Friends and neighbours about Transcona Trails.

December 2005



Transcona Trails

Recreational Trails



Connecting Transcona Greenspaces

Transcona Trails Membership Form
(please print)
Membership: $10 per person, or $15 per family

NAME: 1) _____

ADDRESS: _____

_____

POSTAL CODE: _____

PHONE: _____

EMAIL: _____

Name of up to 1 other family member (16 yrs or older) who wants to be a voting member:

2) _____

Other trail members in family:

3) _____ 4) _____

5) _____ 6) _____

Membership: $_____

Donation: $_____

Total Payment enclosed $ _____

Application date: _____

Please inform me about Transcona Trails meetings: □ Yes □ No

Mail to: Transcona Trails Association
408 Jacques Ave, Winnipeg, MB
R3W 1N5

Transcona Trails Association

Aims:

- provide trails for wildlife and recreational use:
  - walking
  - cycling
  - jogging
  - bird watching
  - snowshoeing
  - dog walking
- use minimal environmental impact in creating this trail system.
- increase awareness of the parks and green spaces in Transcona
- communicate with city politicians, city administrators, other trail groups, and citizens of Transcona.

Membership

Your annual membership shows your support for the trails. Membership entitles you to vote on trail issues at meetings. Members may also get involved with trail maintenance work parties. Membership fees and donations will be used for trail development and maintenance, and for operating the association (printing, postage etc.) Private funding from citizens and businesses is necessary for gaining funding from grants. Your donation multiplies by helping us raise more funds.

Trail History and Plan

The Transcona Trails association is a non-profit group of citizens developing an integrated recreational trail system in Transcona. The group started in 2003 with the goal of creating the Transcona Trail. We are starting with building a trail joining the Bradley Prairie with the Transcona Community Bioreserve. We aim to eventually extend the Transcona Trail east to the perimeter highway. We intend to later create the Cordite Trail along the Cordite Ditch creating a connection with Kildonan Estates.

Many trail groups are now active in Winnipeg. Some are aiming to connect their trails with Transcona. We are working towards being a part of the extended trail network.

The citizens of Transcona need more places to walk and enjoy the outdoors. Trails encourage fitness. We will connect Transcona parks and green spaces with a trail system that is easy for you to explore. Most of the trails will be mowed grass and easy to walk on. The trails will provide an opportunity to observe the wildlife living in Transcona.

December 2005

Transcona Trails

Fitness Trail at Buhler Recreation Park

Transcona Trails
408 Jacques Avenue
Winnipeg, MB
R3W 1N5
Ph. 663-9423

February 01, 2006

Community Incentive Program
Community Services Department
8th Floor - 395 Main Street
Winnipeg, Manitoba
R3B 3N8

Dear Grant Committee,

The Transcona Trails association is requesting a Community Incentive Program grant to assist with building a Fitness Trail at the Buhler Recreation Park in South Transcona. The community park is primarily designed for softball and soccer fields but will be open to the public for a variety of outdoor activities. We are part of a group of fundraisers for this worthwhile sports complex project. We want people to come and use the park and to claim it as their park.

The aim of Transcona Trails is to provide more opportunities for self propelled outdoor activities. In this age of television and video games we need to create opportunities to draw people outdoors into healthy living activities.

The Fitness Trail will encourage physical activity in people of all fitness levels. The Fitness Trail will encourage the baseball and soccer players to stretch before games and develop general increased fitness to better prepare them for the game and for life. The same exercises are appropriate for the general public. The trail will encourage the sports audience and members of the general public to get some exercise.

This trail will have stations for stretching and strengthening exercises. The trail will suitable for people of all ages to walk on. It will be a pleasant place to walk, run or cycle. There will be 5 kilometers of fitness trails in the park with the option of doing the 4 kilometer main route, or shorter loops. Picnic tables and benches situated on berms for scenic lookouts will make the trail appealing and user friendly. Park benches will be placed overlooking the sports fields to provide visual connection between trail users and the sports teams. The trail will be easy to access from the canteen at the center of the park or from the parking lot.

Design:

A 4 kilometer outside loop with spur trails leading to the middle of the park.

- There will be benches and picnic tables to rest on.
- We intend to design an inviting trail with bright energetic colors on the signs.

- **Stretching Station**: 10 stretching exercises with individual instruction signs on posts. (I am a physiotherapist with access to computer generated exercise diagrams, and with the collaboration of a physiotherapist from the Canadian Olympic female softball team will be able to design appropriate signs.) There will be benches, poles, and platforms for performing the stretches effectively.

- **Strengthening Station**: 10 core body strengthening exercises to promote good posture and ability to participate in sport. The red, white and blue color theme of the park will used. There will be benches for sit-ups and push-ups, step–up platforms, balance beams, and low level parallel bars.

- Both stations also function as rest areas.
- The stretching station will be a short distance from the general strengthening exercise station so they are within view of each other to encourage use of both. The recommendation will be to do a short warm-up walk, the stretches, the strengthening exercises, then the cardiovascular activity (walking, running or cycling), a short cool down walk and finally returning to the stretching station for cool down stretches.

We anticipate the main trail user groups will be: baseball and soccer players and their audience (family), cross-country runners from local schools, organized children's groups, and senior citizens. It will give the family of the players a trail to explore. It will give the players options between games on tournament days. The senior's population of Transcona is growing and we aim to make this a pleasant place for them to ramble. We hope that the users of the water park next door will also come to explore our trail. Eventually the Buhler Park will have wooded areas and greenery to make it a destination for picnics, bird watching and orienteering. We intend to advertise this park to encourage citizens from all over Winnipeg to come, but expect most users will come from the east side of Winnipeg.

Citizens of Transcona prefer to remain in Transcona for most of their activities and are reluctant to roam very far for fitness activities including cardiac rehabilitation programs. Easy access to fitness sites leads to increased usage. The Fitness Trail provides a path near home for people of Transcona to go for walks for cardiovascular fitness. The Winnipeg Regional Health Authority and the Heart and Stroke Foundation are promoting walking as a way to decrease heart disease and decrease the risk of heart attack. Walking also helps control blood sugars levels in diabetics. Many people in Transcona are sedentary and at risk of health problems secondary to inactivity. Increased activity in children leads to less health problems. The Fitness Trail is intended to give people of all ages the opportunity to exercise at no cost.

The trail will be accurately marked for direction and distance. The trail will have maps, directional signage and benches along the way to encourage use and exploration. Walkers, joggers, runners and cyclists will be encouraged to enjoy the site and to use the trails as alternate routes to the sports fields.

The Fitness Trail will be a four season trail open for walking in winter. It is important to provide a safe place for walking in the winter to maintain fitness all year. We are planning to plant green ash and fruit trees which are native to Manitoba to encourage birds. Later when the park trees are more established, cross-country ski trails and snowshoeing trails may be incorporated into the park.

The Transcona Trails Association will monitor the trail and report safety and maintenance needs to the East Winnipeg Spots Association committee responsible for maintenance.

We are members of the Manitoba Recreational Trails Association. The Strategic Trail Plan for Winnipeg produced by the Winnipeg Trails Association and Rivers West Inc. in 2003 shows the scarcity of trails in the north east corner of the city compared with the rest of Winnipeg, and therefore the need for more trails.

We are working with:
City Councillor, Transcona, Russ Wyatt
City of Winnipeg Naturalist, Cheryl Hemming
City Parks Superintendent, East of Red River, Jason Bell
City of Winnipeg Planning, Property and Development Department, Kevin Nixon
East Winnipeg Sports Association, President, Tom Thompson and executive
MLA, Radisson, Bidhu Jha
MLA, Transcona, Daryl Reid
Manitoba Recreational Trails Association, Executive Director, Rosmary Dzus
Red River Floodway Trail Coalition, Lorna Hendrickson
McGowan-Russell, landscape architect J. Wilkie
Transcona Neighbourhood Network, Chair, Jean Roch
Other Transcona community groups including the Girl Guides, Scouts, Transcona Rotary, Transcona Memorial United Church, and the Friends of Victoria Jason Park
Transcona citizens
Winnipeg Trail Association, coordinator, Janice Lukes

The Transcona Trail association has become more established in the past year with 30 members. The citizens of Transcona have been openly enthusiastic about having trails to walk on, and volunteering to help in the development and maintenance of the trails. We have enclosed letters of support for our project.

Please support us in creating a healthier Transcona. Help us turn the Buhler Recreation Park into a multi-use recreational fitness destination where people feel welcome and can enjoy the outdoors.

Sincerely,

Val Cousineau
Transcona Trails president

Transcona Trails

Transcona Trails Association
408 Jacques Ave.
Winnipeg, Manitoba
T3W 1N5
Phone: (204) 663-9423
ttrails@mts.net

Jan. 21, 2006

Community Incentive Grant Program
Community Services Department
8th Floor - 395 Main Street
Winnipeg, Manitoba
R3B 3N8

Dear Grant Committee:

This is our Business plan for the Fitness Trail at the Buhler Recreation Park.
We request your consideration for grant purposes.

Total value of components 1, 2, 3, 4, 5 & 6	$	24,517.13
Project PST	$	1,716.20
Total of components 1, 2, 3, 4, 5 & 6 and PST	**$**	**26,233.33**

Project Value	$	24,517.13
Project PST	$	1,716.20
Project GST	$	1,716.20
Project Total Value	$	27,949.53

Component 1 — Permits — $ 225.00

City of Winnipeg Permit Fees			$ 225.00

Component 2 — Metal Directional Signage — $ 3,138.30

Preferred contractor: Guardian Traffic Services

Sign Design			$ 60.00
8"x8" Fitness Trail Directional Signs	$17.90 x	13	$ 232.70
8"x8'" Canteen directional Signs	$17.90 x	6	$ 107.40
8" Stop Signs	$17.90 x	3	$ 53.70
8"x8" Arrows Signs	$16.25 x	12	$ 195.00
8"x8" Kilometer Signs	$17.90 x	5	$ 89.50
Preferred contractor: Pioneer Fence			
purchase & install sign posts	x	26	$2,400

Component 3 — Trail Head Sign — $ 1,940.00

Preferred contractor: PLAYGROUNDS-R-US

Metal structures 10'x5' with 4'x4' display area.		$ 1,050.00
Preferred contractor: Contempra Signs		
Map with clear lexan cover and aluminum frame		$ 890.00

Component 4	**Stretching Zone**				$ 2,771.72
Preferred contractor: PLAYGROUNDS-R-US					
Stretch Stools (Set of Pods) made of short bollards					
Bike Rack & installation	$368.00 x	1	$	368.00	
Preferred contractor: North American Lumber					
Bollards Green 7" Diameter	$18.48 x	24	$	443.52	
Preferred contractor: McDiarmid Lumber					
8"x8"x8' posts	$40.00 x	2	$	80.00	
Preferred contractor: Guardian Traffic Services					
12"x18" "Stretching" Signs	$39.38 x	10	$	393.80	
Hex bolts and nuts	$1.32 x	20	$	26.40	
Preferred contractor: Pioneer Fence					
posts installation	$70.00 x	2	$	140.00	
Bollard installation	$55.00 x	24	$	1,320.00	
Component 5	**Strength Zone**				$ 6,889.86
Preferred contractor: PLAYGROUNDS-R-US					
Exercise Structures				$3,965	
Exercise Structures installation			$	1,400.00	
Park Bench (without back)	$260.00 x	1	$	260.00	
Park Bench installation	$140.00 x	1	$	140.00	
Preferred contractor: Guardian Traffic Services					
12"x18" "Strength" Signs	$39.38 x	10	$	393.80	
12"x24" Zone Sign	$39.38 x	1	$	39.38	
Hex bolts and nuts	$1.32 x	24	$	31.68	
Preferred contractor: McDiarmid Lumber					
8"x8"x8' posts	$40.00 x	6	$	240.00	
Preferred contractor: Pioneer Fence					
posts installation	$70.00 x	6	$	420.00	
Component 6	**Landscaping**				$ 9,552.25
Preferred contractor: Reimer Soils					
Zonescaping: Limestone, bark mulch & soil (landscape mix)			$	4,158.25	
ground surfacing installation	by EWSA				
Preferred contractor: PLAYGROUNDS-R-US					
Park Bench (with back)	$335.00 x	2	$	670.00	
Park Bench (without back)	$260.00 x	2	$	520.00	
Picnic Tables	$833.00 x	2	$	1,666.00	
Garbage Cans	$799.00 x	2	$	1,598.00	
Park Bench installation	$140.00 x	4	$	560.00	
Picnic Table installation	$80.00	2	$	160.00	
Garbage Can installation	$110.00 x	2	$	220.00	

Fund Raising Efforts

We have been promised donations of approx $1000.